Combat Stress Control

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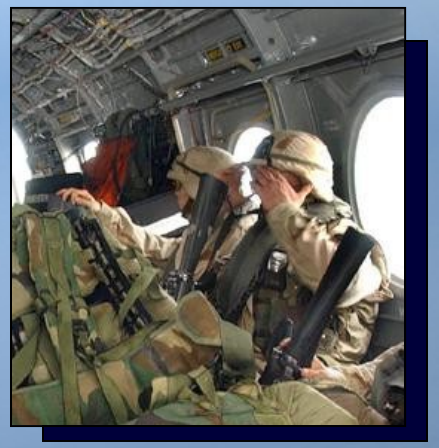
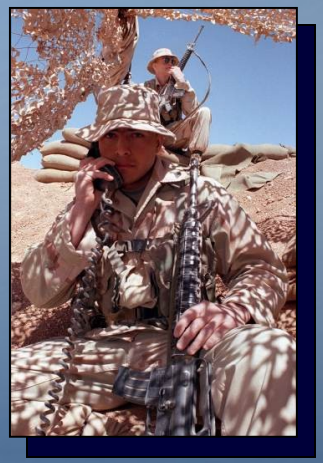
"Comprehensive approach to *Prevent, Identify & Manage* the adverse effects of *Operational Stress* on the health of Marines and Sailors"

Stressors

- Climate Extremes
- Sensory Overload
- Sleep Deprivation
- Over stimulation
- Exposure to devastation & death





Combat Stress Reaction

- **Normal , expected and predictable reactions to Operational Stress**
- **Can happen to anyone!**

Why?

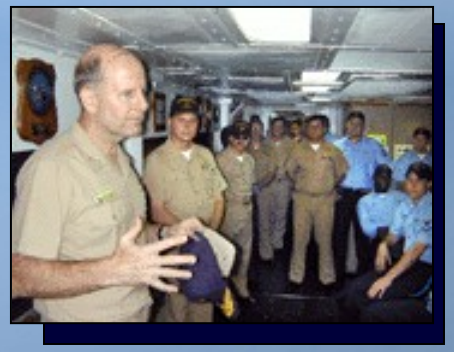
Operational & Combat Stress =
Loss of Forces
and negatively impacts
Military Readiness-
About 1/3 of casualties

Common Stress Reactions

- Apathy
- Confusion
- Fatigue
- Fear
- Sleep Problems
- Concentration difficulties
- Crisis of faith
- Misconduct
- Physical complaints

Prevention

- Effective Leadership
- Unit cohesion & morale
- Good communication
- Realistic training

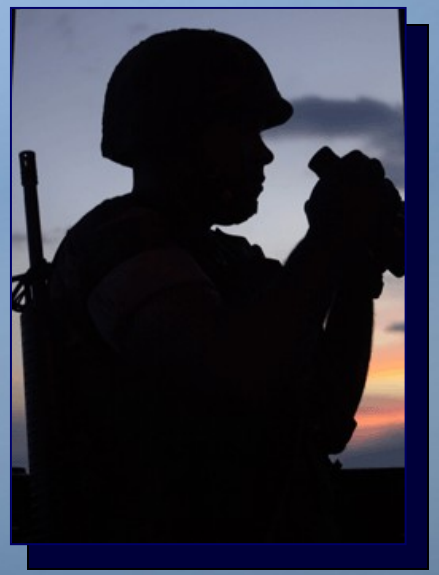


Identification

- Train for early recognition
- Self Care
- Buddy Care
- Leader interventions

Management

- **Help with Combat Stress Reactions**
- **Return to duty**



Principles

- ***Brevity*** **- Less than 72 Hours**
- ***Immediacy*** **- Help now!**
- ***Centrality*** **- Close to Unit**

Principles

- ***Expectancy*** **- Expecting SM to recover**
- ***Proximity*** **- Close to the front!**
- ***Simplicity*** **- Rest, food and sleep**

Operational Stress

- ***Can* be prevented and managed!**